

**The Yes or No Here We Go Survey:  
A Preview to the School Health Index for Students Taking Charge groups**

Here are some questions about your school's wellness environment to get you thinking about topics that you and your Students Taking Charge group can explore with the School Health Index. Complete the survey and turn it into the person in your Students Taking Charge group who is responsible for adding up the results.

**Physical Education and Other Physical Activity Programs**

Does your school offer students opportunities for daily physical education? \_\_\_Yes \_\_\_No

Does your school offer daily physical activity opportunities for all students? \_\_\_Yes \_\_\_No

Does your school provide the opportunity for students (both boys and girls) to participate in school-sponsored extracurricular physical activity programs (e.g., intramurals, physical activity clubs and competitive sports)?

Please place a checkmark in the below areas that apply:

	Intramurals	Physical Activity Clubs	Competitive Sports
Girls			
Boys			

Does your school use physical activity as punishment (e.g. extra laps for breaking a rule in gym class)? \_\_\_Yes \_\_\_No

**Nutrition Services**

Does your school offer breakfast for students? \_\_\_Yes \_\_\_No

Does your school provide access to nutrient-rich foods (e.g., fruits, vegetables, whole grains, low fat/non fat dairy products) in a variety of settings (i.e., lunch line, a la carte, vending machines, etc)? \_\_\_Yes \_\_\_No

Does your school provide enough time for students to eat lunch? \_\_\_Yes \_\_\_No

Does your school offer non-food rewards and non-food fundraisers? \_\_\_Yes \_\_\_No

Does your school limit access to unhealthy foods (e.g., soda, chips, candy)? \_\_\_Yes \_\_\_No

**Health Promotion for School Staff**

Does the school or school district offer school staff members' physical activity/fitness programs that are accessible and free or low-cost? \_\_\_Yes \_\_\_No

Does the school or school district offer school staff members' healthy eating/weight management programs that are accessible and free or low-cost? \_\_\_Yes \_\_\_No

**Family and Community Involvement**

Does the school give families opportunities to learn about health topics such as promoting physical activity or promoting healthy eating through materials being sent home, by email, school-sponsored events or by other communication means? \_\_\_Yes \_\_\_No

Do parents and other community members help plan and implement school health programs? \_\_\_Yes \_\_\_No

Do community members have access to indoor and outdoor school facilities, outside school hours, to participate in or conduct health promotion and education programs? \_\_\_Yes \_\_\_No

**Wellness Policy and Promotion**

Does your school have a local wellness policy? (A local wellness policy generally sets goals for nutrition education, physical activity, and other school-based activities to promote student wellness) \_\_\_Yes \_\_\_No

Does your school promote and communicate this policy throughout the school? \_\_\_Yes \_\_\_No

Does your school have a wellness committee? (A group that helps plan and implement school health programs. It may be called coordinated school health/school health council or team.) \_\_\_Yes \_\_\_No

Does your school promote a healthy school environment? (Healthy school environment generally means the physical and visual surroundings and the mental and social climate and culture of the school.) \_\_\_Yes \_\_\_No